

**ABSTRACT**

A support pole for raising and lowering a supported object between a lower position and an elevated position is disclosed. The support pole includes an elongate pole and a carriage mounted for translational movement up and down the pole. Carriage locks at the top of the pole engage the carriage in the elevated position to prevent vibration of the supported object, and a stabilizer frame within the channel minimizes vibration during carriage transport. One or more electrical conductors are fixed in place, extending through at least a portion of the pole, terminating in an electrical contact for releasable engagement with a cooperating electrical contact mounted to the carriage as the carriage is raised into the elevated position.